

The Soul's Journey

A Homecoming for Your Soul

A 6-part series by Diana Gogan Coaching

Part 4: Rediscovering Your Soul's Purpose

Embodied Presence & Inner Reconnection Journal Questions

Answer the following questions on separate paper or in a journal.

Set aside 10 – 15 minutes in a quiet space. Let your pen move freely. No editing. No judgment. Just explore.

1. What lights me up on the inside, even if no one else sees it?
2. When have I felt most like myself? What was I doing?
3. What dreams or desires keep resurfacing no matter how often I set them aside?
4. What parts of myself have I been hiding behind roles or expectations?
5. What would it feel like to live from my soul's compass every day?

Create Your Soul Compass

Step 1: Center In

Close your eyes and reflect on the following:

- What feelings or ways of being do I value most, yearn for, or desire deeply?
- When I feel stuck, down, or disconnected—even when fulfilling my life purpose—what does my soul long to feel instead?

After you write your answers, take a moment to reflect: Is this truly what you want—or what someone else once told you that you should want? Is this desire rooted in your own soul, or in societal expectations, family beliefs, or a sense of duty? If it feels like it came from outside of you, cross it off—and keep going.

Sometimes the truth of what we really want creates a little discomfort, not because it's wrong, but because we haven't been living it, or it seems selfish, or many other reasons. Trust your heart, your soul. Choose your truth and move forward.

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Step 2: Define Your True North

If your soul could choose just one guiding feeling or state of being, what would it be? Write a brief statement about how this state of being or guiding feeling is a direct reflection of who you are in your soul.

Step 3: Choose Your Cardinal Directions

In Step 2, you defined your True North—your soul's central guiding feeling. Now, assign soul-guided values to the remaining three directions: South, East, and West. Examples: Freedom, Curiosity, Love, Personal Growth, Spirituality, Joy, Peace

Write a brief statement for what each one means to you and how it supports your True North.

Step 4: Use Your Compass

Your Soul Compass isn't just a reflection—it's a tool. Use it to make aligned choices in your daily life. When faced with a decision, opportunity, or plan, refer to your compass directions. Ask yourself: "Does this support the state of being or feeling I'm committed to living from?"

Write your own personal guiding question—one you can return to often—that helps ensure your actions, plans, and commitments stay aligned with your soul purpose.

Step 5: Draw or Describe Your Compass

Create a visual or write a description of your compass that you can revisit for guidance.